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Immunizations
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Sexually
Transmitted Diseases
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HIV/AIDS
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Tuberculosis
(630) 221-7522

School Health
(630) 221-7300

Travel Clinic
(630) 682-7400

Animal Care & Control
(630) 407-2800

Please contact
Communicable Disease
and Epidemiology at
(630) 221-7553
with suggestions
to be added to the
distribution list.

The purpose of this two-page surveillance update is to promote the control and prevention of **communicable disease (CD)** by providing clinically relevant information and resources to healthcare professionals in DuPage County.



Under the Microscope HIV/AIDS

For questions or to report suspect or known cases of HIV/AIDS, please call the DuPage County Health Department at (630) 221-7553.

World AIDS Day, observed each year on **December 1**, draws attention to the status of the human immunodeficiency virus/acquired immunodeficiency syndrome (HIV/AIDS) epidemic worldwide.¹ This year's theme, *Increasing Impact through Transparency, Accountability, and Partnerships*, challenges us to work together to accelerate progress toward ending HIV as a public health threat around the world.²

The first cases of AIDS were reported in 1981. Today, approximately **36.7 million persons** worldwide are living with HIV infection, including approximately **1.8 million persons who were newly infected during 2016**. Although the number of annual AIDS-related deaths has declined 48% since 2005, an estimated **1 million persons worldwide died from AIDS in 2016**.¹

Global efforts resulted in 19.5 million persons worldwide receiving antiretroviral therapy for HIV infection in 2016, an increase from 17.1 million in 2015. **In the U.S., approximately 39,800 persons received a diagnosis of HIV infection in 2016**. In 2014, an estimated 1.1 million persons in the U.S. were living with HIV infection, and 85% were aware of their infection.¹

The **goals** of HIV prevention, care, and treatment in the U.S. are to **prevent new HIV infections**, increase the proportion of persons with HIV who are **aware of their infection**, **prevent HIV-related illness and death**, and **reduce HIV-related health disparities**.³ Current CDC guidelines and recommendations on HIV prevention and care are available here: www.cdc.gov/hiv/guidelines/index.html.

HIV Testing: CDC recommends that **everyone between the ages of 13 and 64 get tested for HIV at least once** as part of routine health care. For those with specific risk factors, CDC recommends getting **tested once a year**. Persons likely to be at **high risk include:**

- **injection-drug users** and their **sex partners**,
- persons who **exchange sex for money or drugs**,
- persons diagnosed with **viral hepatitis or tuberculosis (TB)**,
- persons diagnosed with or sought treatment for **another sexually transmitted disease**,
- **sex partners of HIV-infected persons**, and
- **men who have sex with men (MSM) or heterosexual persons who themselves or whose sex partners have had more than one sex partner** since their most recent HIV test.⁴

Additionally, CDC has recently reported that **gay and bisexual men may benefit from getting an HIV test more often, perhaps every 3-6 months**.⁵ Pregnant women in the U.S. should be screened for HIV infection as part of their **routine prenatal testing**.⁴

Among persons with HIV infection diagnosed in 2015 in the U.S., the estimated **median interval from infection to diagnosis was 3 years**.⁶ Prior year testing increased over time among groups at high risk for HIV infection. However, **29% of MSM, 42% of persons who inject drugs, and 59% of heterosexual persons at increased risk did not report testing in the past 12 months**. Continued efforts to **ensure routine and targeted testing** can help reduce the number of persons who are unaware of their infection, diagnosis delays, missed opportunities for care and treatment, and HIV transmission.⁶

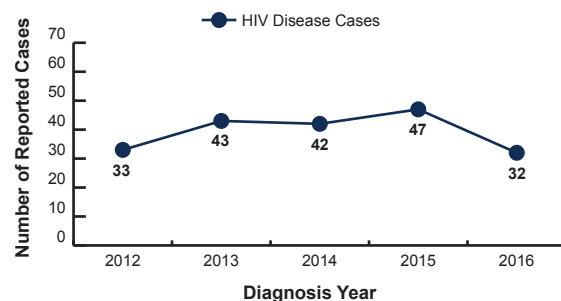
In June 2014, CDC published **updated recommendations with a new approach for HIV testing in laboratories** that capitalizes on the latest technology to improve diagnosis of acute infection, the earliest stage of HIV infection when people are most likely to transmit the virus. Laboratories should conduct **initial testing** for HIV with an FDA-approved antigen/antibody combination (**4th generation**) immunoassay, which can **diagnose people several weeks earlier than before**.⁷

Prevention: In addition to limiting the number of sexual partners, never sharing needles, and using condoms correctly and consistently, CDC also encourages people who are at high risk but do not have HIV to be aware of **new approaches to HIV prevention**, such as **pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP)**.^{8,9} Clinical organizations, health departments, and community-based organizations should raise awareness of PrEP among persons with substantial risk for acquiring HIV infection and their health care providers. **Increasing delivery of PrEP and other highly effective HIV prevention services could lower the number of new HIV infections occurring in the U.S. each year**.¹⁰

References:

1. www.cdc.gov/mmwr/volumes/66/wr/pdfs/mm6647-H.pdf
2. www.cdc.gov/features/worldaidsday/index.html
3. www.cdc.gov/hiv/guidelines/recommendations/personswithhiv.html
4. www.cdc.gov/hiv/testing/index.html
5. www.cdc.gov/mmwr/volumes/66/wr/mm6631a3.htm
6. www.cdc.gov/mmwr/volumes/66/wr/mm6647e1.htm?s_cid=mm6647e1_w
7. www.cdc.gov/hiv/guidelines/testing.html
8. www.cdc.gov/hiv/basics/prevention.html
9. www.cdc.gov/hiv/guidelines/preventing.html
10. www.cdc.gov/vitalsigns/hivprep/index.html

Reported HIV Disease* Cases in DuPage County by Year 2012-2016 (n=197)



*HIV incidence, prevalence, mortality and late diagnosis counts include all cases, regardless of the stage of HIV disease.
Source: Illinois Department of Public Health (IDPH), HIV/AIDS Surveillance Unit. Monthly Surveillance Update for 2016 accessed 12/19/17 at <http://dph.illinois.gov/topics-services/diseases-and-conditions/hiv-aids/hiv-surveillance>. Annual counts for 2012-2015 received 1/20/17 from IDPH, HIV/AIDS Surveillance Unit.

